

7 BEST PROTEIN SOURCES FOR VEGETARIANS

# vegetarian times

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## easy WINTER MEALS

*healthy*  
**COMFORT  
FOOD**

TIMELESS  
FAVORITES  
WITH A VEG  
TWIST

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FRESH &  
FABULOUS  
RECIPES  
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CALORIES

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WINTER  
SALADS

SO  
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ROASTED  
CARROTS  
WITH MINT  
CHERMOULA  
AND FARRO,  
p. 63



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Stay plugged in to all things VT with our latest cooking tips, product picks, Q&As with veg celebrities, and much more!



### Kitchen Tricks: How to Use Leaves as Wraps

[vegetariantimes.com/video/how-to-use-leaves-as-wraps](http://vegetariantimes.com/video/how-to-use-leaves-as-wraps)

Cut calories and liven up your lunch or dinner by using leaves as wraps. Learn how to roll your own in this video with Ani Phyo, author of *Ani's Raw Food Asia*.

**check out  
what's cooking  
on [vegetariantimes.com](http://vegetariantimes.com)**



### Quick Dinner: Whole-Wheat Shells with Asparagus, Peas, Feta, and Mint

[vegetariantimes.com/recipe/whole-wheat-shells-with-asparagus-peas-feta-and-mint](http://vegetariantimes.com/recipe/whole-wheat-shells-with-asparagus-peas-feta-and-mint)

Get an early taste of spring with a veggie-packed pasta medley from our recipe collection. This editors' choice one-pot wonder is on the table in less than 30 minutes.



### St. Patrick's Day Recipes on Pinterest!

[pinterest.com/vegimes/st-patrick-s-day-recipes](http://pinterest.com/vegimes/st-patrick-s-day-recipes)

Browse our selection of Irish-inspired and green recipes to celebrate St. Patrick's Day, including the hearty and healthful Unemployed Shepherd's Pie, shown here.



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# march

2015

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## FAB 5

Can't decide what to make tonight?

Here are our five favorite recipes from this issue:

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# golden oldies

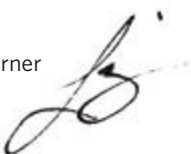
**When the VT team decided** to have some of our own favorite comfort foods made over healthy (and veg), I should have known Food Editor Mary Margaret Chappell would volunteer to do the recipes herself.

Mary Margaret assigns most of the recipes in *VT* to a small crew of freelance recipe developers and chefs. She didn't say so, but I think she worried that we might be so nostalgic about our old favorites that no makeover would pass muster. The revamped recipes might languish forever in some kind of taste-testing purgatory. (Inside scoop: Many of the recipes created for this magazine go back to developers for a few rounds of fine-tuning after we taste them for the first time. Occasionally, a recipe goes so wrong that we ask the developer to just start over.)

This explains why, instead of subjecting one of her favorite developers to that kind of grief, Mary Margaret rolled up her sleeves and got cooking. First she quizzed us on our youthful favorites and exactly why we loved them. When I spoke wistfully of my mother's tuna noodle casserole, I was able to describe exactly what went into it because I can conjure the smell of red onion caramelizing in butter as Mom stood over the stove and I stood at the kitchen table, enthusiastically grating cheese.

When taste-test day finally came, expectations were running high for Mary Margaret's reinventions of our old favorites. I'm happy to report that we weren't disappointed. Check out "Comfort Zone" on p. 52 to see her brilliant veg reinventions of my mom's famous casserole along with a deli-caliber knish, Texas-style chili, and a crispy-spicy tofu that puts Chinese takeout to shame.

Elizabeth Turner



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MOCK TUNA-NOODLE CASSEROLE, p. 58



GENERAL TSO'S TOFU, p. 56



ME, CIRCA 1979

YOUTHFUL LIZ: SAM TURNER; PORTRAIT PHOTOGRAPHY: LISA ROMERIN; HAIR AND MAKEUP: DORIT GENAZANI



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Cinnamon Muesli  
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**Christine Wolheim**, an artist/stylist living in San Francisco, styled our editors' best-loved comfort foods ("Comfort Zone," p. 52), the roasted vegetables in "Crank It Up" (p. 40), and the "Good to Grate" salads (p. 24).

### **Which fresh herb or spice do you love the most?**

Lemon zest adds brightness and a big pow of flavor.

### **What's your best clear-out-the-fridge dish?**

Four-cheese pasta: you melt bits of different cheeses in a touch of milk in a pan, toss in freshly cooked pasta, add a little of the pasta water, and cook it all down until the pasta and sauce are at the desired consistency, finishing with some cracked pepper.

### **What's your fondest food memory?**

Foraging in Italy for wild asparagus, a vine-like plant with an earthy, woody flavor.



**Matthew Kadey, RD**, a James Beard Award-winning food writer based in Waterloo, Ont., debuts his column debunking erroneous nutrition claims (Myth Busting, p. 48).

### **What's your No. 1 comfort-food craving?**

Cereal and milk. It must be a crunch thing. Often it's my preferred dessert.

### **Which fresh herb or spice do you love the most?**

Probably the chocolate mint we grow in our garden. Every year it grows like a weed, so we have lots for soups, smoothies, and salads, and for drying to make tea.

### **What's your favorite kitchen tool?**

My cast iron skillet. I love what it does to pancakes, frittatas, even deep-dish pizza. Plus, it looks rustic sitting on the stove top.



**Claire Fitts Georges**, proprietor of Butterfly Bakery in Vermont, created the maple syrup-sweetened recipes in "Baking with Maple" (p. 66).

### **What's your fondest food memory?**

The smell of sautéing peppers and onions in my dad's house. Just about every dish started that way, and it was always delicious.

### **What's your favorite kitchen tool?**

The rice cooker. I love how it frees me up to work on the rest of the meal or feed my baby without sparing a thought that the rice might burn.

### **What's your best clear-out-the-fridge dish?**

Cornbread casserole. I'll put sautéed veggies and beans on the bottom of a casserole dish, top with cornbread batter, and bake. 🌱



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# letters

## MEATBALL BACKLASH

I'm sure your Broccoli Meatballs with Garlic-Tomato Sauce [Gluten-Free Redo: "Meatballs," January/February, p. 49] were tasty. But every time you run a recipe in the magazine about making a dish that imitates meat, you send a message to readers that we who have chosen not to eat meat are somehow deviants who crave meat flavors. The point is that vegetarians don't give up meat. Rather, they choose to promote life, by reducing the needless death of animals; to promote health, by eating smarter; and to help the environment, by pursuing a sustainable diet. Instead of offering dishes that imitate an eating style we have abandoned, why not give over the space to wonderful vegetarian recipes that promote what they are: nutritious, sustainable, and delicious. No need to apologize for being a vegetarian.

JAMES MCGRATH MORRIS | TESUQUE, N.M.

## COMFORT IN A BOWL

I made the Chickpea Minestrone ["Super Bowls," December 2014, p. 68] for an intimate winter house party, and it really

hit the spot! Hearty, flavorful, warm, and with all the major components for a meal: starch, veggies, and protein. One of my new favorite soups and a definite cold-weather staple. The only things I changed up were shredding the carrots and chopping them into smaller pieces, and puréeing about two-thirds of the soup before adding the pasta and basil, to make it thicker and creamier. Highly recommend this recipe!

SYDNEY | VIA [VEGETARIANTIMES.COM](https://vegetariantimes.com)

## HOT STUFF

The Spicy Corn Chowder [Community: Reader Recipe, November 2014, p. 12] was delicious! I made a few changes that I'd like to share. I used roasted corn (rather than plain old frozen corn), three-quarters of a chipotle chile (for extra heat!), plus mushrooms and carrots along with the celery stalk. I also blended half the finalized soup in a food processor and added it back into the pot. It made the final product much richer and creamier. Thanks so much for the great recipes, and keep them coming!

NOVA PILBEAM | MELROSE, MASS.

## SHARE Reader Recipe

### Spanakopita Rice Balls

MAKES 22 BALLS

Brynelle Shepeck, of Littleton, Colo., serves these tasty spinach-and-feta appetizers—a riff on classic spanakopita pie—at family gatherings and neighborhood parties.

- $\frac{1}{2}$  cup short-grain white rice, rinsed
- 1 10-oz. pkg. frozen spinach, defrosted and squeezed dry
- $\frac{1}{4}$  cup finely chopped green onions
- $\frac{1}{4}$  cup grated Parmesan cheese
- 4 oz. crumbled feta cheese
- 2 Tbs. pesto
- 1 Tbs. dried dill
- $\frac{1}{2}$  tsp. ground nutmeg
- 1 large egg, lightly beaten
- $\frac{3}{4}$  cup panko crumbs, for rolling

**1** | Preheat oven to 375°F. Coat baking sheet with cooking spray.

**2** | Bring 2 cups salted water to a boil in medium saucepan, and add rice. Reduce heat, cover, and simmer 20 minutes, or until water is absorbed. Stir in spinach, green onions, Parmesan, feta, pesto, dill, nutmeg, and egg, and season with pepper, if desired.

**3** | Divide rice mixture into Ping-Pong-ball-size spheres. Roll in panko crumbs, and place on prepared baking sheet. Bake 25 minutes.

**PER RICE BALL** 54 cal; 3 g prot; 2 g total fat (1 g sat fat); 6 g carb; 14 mg chol; 117 mg sod; <1 g fiber; <1 g sugars

## GOT A FAVORITE RECIPE OF YOUR OWN TO SHARE?

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**READER**  
**Liz Cairns**

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January 2000

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**What fruit or veggie best describes you, and why?**

Tomato—a little sweet, a little sour.

**What's your most treasured piece of cookware?**

My grandmother's cookie press. The best shortbread comes from that little thing.

**What's your best advice for new vegetarians/vegans?**

Don't give up just because you find it hard to go out with friends for dinner. Many restaurants are great about making accommodations for you, as long as you ask politely!

**What motivated you to go veg?**

Something just felt wrong about ingesting another creature. Compassion won out over what others thought I should be eating.

**What's your favorite vegetarian restaurant, and what do you order when you're there?**

Cafe Pyrus in Kitchener, Ont. The vegan club and breakfast burrito are delish!



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## tell VT

### What's your favorite leafy green, and how do you prepare it?

Thick-leaved romaine lettuce. Cover a plate with chopped romaine, and top with any veggie, cheese, or sauce you like. It's totally wonderful. —LUCY

Broccoli raab sautéed in olive oil and garlic or added to pasta with cherry tomatoes. I can't get enough!

—WHITNEY DEMIERE, VIA FACEBOOK

Broccoli—oven-roasted with zucchini and carrots. —CODIE JOY DUNCAN, VIA FACEBOOK

Kale! I make a delicious kale salad with red cabbage, carrot, Bermuda onion, olives, pecans, and dried cranberries. My sons love it! —RENEE SOMEDA

Steamed bok choy sprinkled with umeboshi vinegar! —LEAH DUNBAR, VIA FACEBOOK

I add chard and parsley to my morning juice every day! The rest of the juice has beets, red cabbage, ginger, apple, carrot, and celery. —WALLY

Beet greens and baby spinach sautéed with onions, mushrooms, roasted red peppers, and a little white wine. Add a leftover grain like quinoa for a quick meal. —RHONDA

Chard with sautéed onions and feta cheese!

—PHILICIA RUFF ARMSTRONG, VIA FACEBOOK

## next question

### What's your favorite meal to make ahead and freeze?

Visit [vegetariantimes.com/tellvt](http://vegetariantimes.com/tellvt) to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of VT.

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THE

## dish

## HOT SPOT

BY ASHLEE PIPER



## KARYN'S DAY SPA

## CHICAGO

[karynraw.com/inner-beauty-center](http://karynraw.com/inner-beauty-center)**The name Karyn Calabrese**

is synonymous with the vegan and raw food movements in the Midwest, but along with her delicious fare, it's Calabrese's ability to defy aging (she's known for rocking a bikini well into her 60s) that has people flocking to Karyn's Day Spa.

In addition to an ultra-modern spa, the airy space encompasses a health-food store and raw-food restaurant, which features vegan enchiladas, tiramisu cheesecake, and gingery mocktails spiked with Karyn's house-made Rejuvelac (a fermented probiotic). Among the Center's most popular spa services, the Fountain of Youth Facial treatment combines the ultra-gentle HydraFacial, which cleanses and plumps the complexion with hyaluronic acid, and Myopulse, which stimulates the production of collagen to firm and tone skin. Also available are toxin-free manicures and pedicures, infrared saunas, deep-tissue massage, and dietetic consultation to address any nutritional deficiencies.

The space embodies Calabrese's holistic philosophy of well-being. "But remember, like anything in life, caring for your body is a process, and you can't expect to go from A to Z overnight," she says. "This is the most important journey you'll take in your life—make it a joyful one!"

PHOTOGRAPHY: NATHAN MICHAEL





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Circle reply #14 on Info Center card





# flaws and all

While it may not sound too appealing (no pun intended), the ugly fruit movement is flourishing in Europe. Intermarché, France's third-largest supermarket chain, purchases unsightly fruits and vegetables—we're talking pocked apples, three-tubed

carrots, and lumpy potatoes that don't meet most industry "quality" standards—and sells them to customers at a discount; the chain has even unveiled a line of juices and soups to attest to the produce's flavor.

In 2013, a group of students in Germany launched the Ugly Fruits campaign to celebrate quirky produce with striking photography and snappy slogans. And Berlin catering company Culinary Misfits uses misshapen fruits and veggies exclusively to position the produce as art, not waste.

The trend can't catch on soon enough here in the States. A 2012 report from the National Resources Defense Council notes that we toss more than 50 percent of the

country's fruits and vegetables each year. And according to a February 2014 study from the USDA, the estimated value of all food wasted in 2010 was \$161.6 billion—or 141 trillion calories. While these amounts are staggering, they aren't set in stone. We already swoon over heirloom tomatoes, and we pay a premium for them. We also have more and more farmers' markets to choose from, where customers value local and organic over well-shaped and shiny.

But the best thing we can do? "Ask for it!" says Dana Gunders, a food-waste expert at the Natural Resources Defense Council. "If enough people e-mail their supermarket chains, companies will notice a trend. The power is in the hands of the consumers."



## STANDARD ISSUE

In our industrialized food system, buyers can't inspect each item themselves, notes the National Resources Defense Council's Dana Gunders. Standards are set by the USDA, as well as by specific food industries, so if a retailer orders two pallets of "extra fancy" apples, she knows what shape, size, and condition of fruit she's getting. But no law or rule says retailers cannot order "lower" quality produce if they choose to—whether or not they do so mostly depends on what they believe consumers will buy.



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# get saucy



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MORE PEOPLE IN THE U.S. ARE DEFICIENT IN IRON THAN IN ANY OTHER NUTRIENT, ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION. AMONG THOSE MOST AT RISK ARE PREMENOPAUSAL WOMEN, CHILDREN, AND PEOPLE WITH CELIAC DISEASE. "ANEMIA, FATIGUE, DRY SKIN, HAIR LOSS, AND RESTLESS LEGS CAN ALL BE TRACED TO IRON DEFICIENCY," SAYS THERI GRIEGO RABY, MD, FOUNDER AND DIRECTOR OF THE RABY INSTITUTE FOR INTEGRATIVE MEDICINE AT NORTHWESTERN IN CHICAGO. "YET TOO MUCH IRON CAN BE TOXIC, SO BLOOD TESTS WILL DETERMINE IF YOUR IRON STORES ARE DEPLETED."

## IRON

### POWER SOURCE

➡ Iron is essential for transporting oxygen, generating energy, and supporting metabolism and cell function. There are two types of dietary iron: heme, available in meats and fish, and non-heme, found in dried beans, whole grains, dark molasses, and green leafy vegetables. Because non-heme iron is less easily absorbed, the iron RDA for vegetarians has been bumped up—from 8 to 14 milligrams daily for men and postmenopausal women, and from 18 to 33 milligrams for premenopausal women. Higher amounts are indicated for those who are pregnant or iron-deficient.

### USE IT RIGHT

➡ "Iron supplements can be constipating, so I recommend ferrous glycinate, the most bioavailable version," says Raby. "Take it with your largest meal and in tandem with 1,000 milligrams of vitamin C to improve absorption." Avoid combining iron with absorption blockers like bran, coffee and tea, soy, and dairy products.

### WATCH OUT FOR

➡ Take iron at least two hours before or after calcium supplements, ACE inhibitors, and oral contraceptives; ask your doctor about other medications. Stomach upset may occur, especially when iron is taken without food, yet toxicity may not result in symptoms. "Iron overload doesn't always cause noticeable problems," cautions Raby. "Have your blood levels checked again in three months."

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# ground control



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30 MINUTES

BY Mary Margaret Chappell



GRATED, SHREDDED,  
AND SHAVED  
VEGETABLES OFFER  
FRESH OPTIONS  
FOR WINTER SALADS

# good to grate

**Small heads and limp leaves:** that pretty much sums up the fresh lettuce situation this time of year. Instead of making do with so-so greens, grab your grater, food processor, or chef's knife to make crisp, flavorful salads using crunch-tastic fennel, celery, cabbage, beets, and more.

PHOTOGRAPHY  
Maren Caruso

FOOD STYLING  
Karen Shinto

PROP STYLING  
Christine Wolheim



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## Bitter Greens Salad with Bacon and Mollet Eggs

SERVES 6 | 30 MINUTES OR LESS

*Mollet* (pronounced mole-ay) eggs are cooked to somewhere between soft- and hard-boiled so the whites are firm but the yolks remain a little soft. The blend of shredded greens is crunchy and surprisingly sweet.

- ¼ head red cabbage, cut into chunks (12 oz.)**
- 1 small head frisée lettuce, leaves separated (8 oz.)**
- 2 Belgian endives, trimmed and cored**

- 1 bunch parsley, coarsely chopped (1 cup)**
- 1 5.25-oz. pkg. veggie bacon strips**
- 6 large eggs**
- 2 tsp. Dijon mustard**
- 1 Tbs. red wine vinegar**
- 2 Tbs. grapeseed or vegetable oil**
- 2 Tbs. olive oil**

**1** | Fit food processor with slicing blade, and shred cabbage, frisée, and endives, stopping to empty out bowl, if necessary. Toss with parsley in large bowl; set aside.

**2** | Cook veggie bacon according to package directions. Drain, and coarsely chop. Set aside.

**3** | Bring medium saucepan of water to a boil. Add eggs, return water to a boil, and cook 6 minutes more.

**4** | Meanwhile, whisk together mustard and vinegar in small bowl. Whisk in oils, and season with salt and pepper, if desired. Toss greens with vinaigrette, then fold in bacon bits. Divide salad among six plates.

**5** | Rinse eggs under cold water until easy to handle. Carefully peel eggs. Place 1 egg in center of each salad, and cut open.

**PER 2-CUP SERVING** 236 cal; 12 g prot; 16 g total fat (3 g sat fat); 13 g carb; 187 mg chol; 345 mg sod; 5 g fiber; 4 g sugars





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### KEEP SALAD COLORS BRIGHT



Assemble red beet salads—grated and raw, or otherwise—just before serving. Red beet juice bleeds, and while the juice won't affect the salad's flavor, it will turn the other ingredients a shade of pink. Candy cane beets, shown left, and golden beets will hold their colors.

## Shredded Beet Bowl with Nori Confetti

SERVES 6 | 30 MINUTES OR LESS

If your beets don't come with greens, substitute arugula or watercress.



- 2 lb. peeled raw beets, leaves trimmed and reserved
- 4 tsp. apple cider vinegar
- 2 tsp. pumpkin seed or walnut oil
- 2 tsp. olive oil
- 4 sheets toasted nori
- 2 avocados, diced (1½ cups)
- 12 radishes, thinly sliced (1 cup)
- 8 green onions, chopped (1 cup)
- ½ cup roasted pumpkin seeds

**1** | Finely grate or shred beets with food processor, hand grater, or mandoline. Transfer to bowl, and stir in vinegar and oils. Season with salt and pepper, if desired. Let stand 10 minutes.

**2** | Meanwhile, wash, dry, and coarsely chop beet leaves. Divide among six bowls.

**3** | Cut each nori sheet into 8 strips with scissors. Stack strips, and cut into thin confetti with scissors.

**4** | Divide beets among bowls. Top each serving with avocados, radishes, green onions, pumpkin seeds, and nori confetti.

**PER 1-CUP SERVING** 250 cal; 7 g prot; 18 g total fat (3 g sat fat); 19 g carb; 0 mg chol; 155 mg sod; 9 g fiber; 9 g sugars  

## Celery Remoulade

SERVES 6 | 30 MINUTES OR LESS

When grated, celery root turns into crunchy strands that soak up a lemony dressing.

- 1 small celery root, peeled
- 1 cup chopped fresh parsley
- ½ cup reduced-fat mayonnaise or Veganaise

¼ cup Dijon mustard

1 Tbs. lemon juice

¼ tsp. coarsely ground black pepper

½ cup toasted chopped walnuts

⅓ cup halved dried cranberries

**1** | Cut celery root into chunks, and coarsely grate or shred with food processor, hand grater, or mandoline. Transfer to bowl, and fold in parsley. Set aside.

**2** | Whisk together mayonnaise, mustard, lemon juice, and pepper in small bowl. Season with salt, if desired. Stir sauce into salad mixture, and fold in walnuts and cranberries. Serve immediately, or refrigerate up to two days. If salad seems too dry, add some warm water.

**PER ⅔-CUP SERVING** 174 cal; 3 g prot; 10 g total fat (1 g sat fat); 22 g carb; 0 mg chol; 520 mg sod; 3 g fiber; 8 g sugars

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## editors' picks



## GREAT GRATERS

### → JOSEPH JOSEPH FOLD FLAT GRATER

The old-school box grater gets a modern-day makeover with ultra-sharp stainless steel blades and a foldable design for easy storage. \$35; [josephjoseph.com](http://josephjoseph.com)

### → OXO SIMPLE MANDOLINE SLICER

Oxo's latest mandoline is streamlined for home cooks and made safer with built-in blades. \$39.99; [oxo.com](http://oxo.com)

### → CUISINART ELITE COLLECTION 14-CUP FOOD PROCESSOR

The double-sided disks and chopping blade will ably handle all your grating, shaving, and chopping jobs, and you can add specialty disks (sold separately) for perfect julienne and thick-slice cutting. \$299; [cuisinart.com](http://cuisinart.com)

## Napa Cabbage and Rice Noodle Salad

SERVES 6 | 30 MINUTES OR LESS

The dressing for this Asian-style salad is made without soy sauce to keep the colors bright and the flavors light. For a spicy version, stir 1 tsp. sriracha or sambal oelek into the dressing.

### SALAD

- 4 oz. rice vermicelli
- ½ head napa cabbage
- 6 oz. teriyaki-flavored baked tofu
- 8 green onions, finely chopped (1 cup)
- 1 cup coarsely chopped fresh mint, basil, or cilantro
- 1½ cups halved grape tomatoes
- ¾ cup chopped roasted and salted peanuts, for garnish

### DRESSING

- 2 Tbs. sugar
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. salt
- ½ tsp. grated fresh ginger
- ¾ cup lime juice


**1** | To make Salad: Soak rice vermicelli according to package directions (cold water method, if possible). Drain, and set aside.

**2** | Thinly shred cabbage with food processor fitted with slicing blade,

hand grater (slicing side), or mandoline. Transfer to large bowl, and stir in tofu, green onions, mint, tomatoes, and rice vermicelli.

**3** | To make Dressing: Combine sugar, garlic, salt, and ginger in saucepan with ¾ cup water. Heat over medium heat until liquid boils and sugar and salt dissolve. Remove saucepan from heat, and stir in lime juice.

**4** | Stir Dressing into Salad. Garnish with peanuts just before serving.

**PER 1½-CUP SERVING** 192 cal; 8 g prot; 4 g total fat (<1 g sat fat); 32 g carb; 0 mg chol; 573 mg sod; 4 g fiber; 8 g sugars 

## Shaved Fennel and Red Onion Salad with Grapefruit and Blue Cheese

SERVES 6 | 30 MINUTES OR LESS

Raw fennel has a celery-like texture and a subtle anise flavor. It's wonderful on its own or added to tossed salads.

- 1 large red onion, peeled and quartered
- 3 small or 2 large fennel heads, trimmed and halved, fronds reserved
- 2 pink grapefruits
- 2 tsp. Dijon mustard
- 1½ tsp. raspberry vinegar
- 3 tsp. olive oil

1½ tsp. toasted walnut oil

4 oz. blue cheese, cut into ½-inch cubes

½ cup chopped toasted walnuts, optional

**1** | Shave onion into thin slices with grater, mandoline, or food processor fitted with slicing blade. Transfer to small bowl, and cover with cold water. Set aside.



**2** | Shave fennel into thin slices with grater, mandoline, or food processor fitted with slicing blade. Coarsely chop fennel fronds. Transfer all to large bowl.

**3** | Supreme grapefruits by trimming ends, then standing fruit upright.

Remove peel and pith with knife, following curve of fruit from top to bottom. Hold fruit over bowl of sliced fennel, and cut sections along membranes to release wedges into bowl. Squeeze membrane skeleton over bowl to catch remaining juice.

**4** | Whisk together mustard and vinegar in small bowl. Whisk in olive and walnut oils, and season with salt and pepper, if desired.

**5** | Drain onion, and add to fennel and grapefruit mixture. Toss with vinaigrette, then fold in cheese and walnuts (if using).

**PER 1-CUP SERVING** 171 cal; 6 g prot; 9 g total fat (4 g sat fat); 18 g carb; 14 mg chol; 312 mg sod; 5 g fiber; 12 g sugars  

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**Worried that** you—or someone you love—won't get enough protein without meat? Relax! According to a 2009 research review by the Academy of Nutrition and Dietetics (formerly the American Dietetic

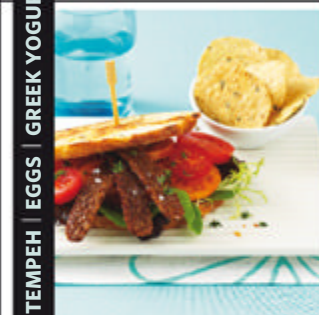
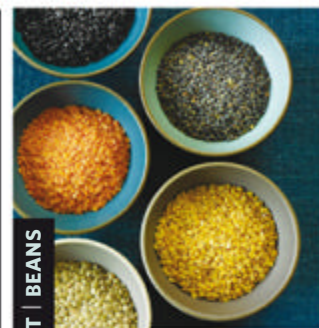
# power up!

Association), vegans and vegetarians typically meet and even exceed their protein requirements: the average adult woman needs just 46 grams of protein a day; the average adult man needs 56 grams. By eating a variety of healthful veg foods, you can easily cover your protein bases.

Not sure where to start? We asked nutritionist Rachel Meltzer Warren, MS, RDN, author of *The Smart Girl's Guide to Going Vegetarian*, to help us choose a few of the most convenient and affordable protein-packed staples.



## 7 TOP PROTEIN SOURCES FOR VEGETARIANS



↑ NUTS | LENTILS | TOFU | TEMPEH | EGGS | GREEK YOGURT | BEANS

**1 | tofu** Consider this soybean block a blank canvas: it'll soak up the flavors of whatever you add to it. Use silken varieties for blending into smoothies and puddings; save firmer tofu for baking or stir-frying into chewy pieces and tossing into salads, sandwiches, veggie bowls, and noodle dishes. In addition to protein, tofu delivers a dose of bone-building calcium if it's made with calcium sulfate, notes Warren. Check for it in the ingredients list on the label.

**TIP** Short on time? Grab pre-seasoned baked tofu by brands such as Wildwood or Nasoya.

**2 | beans** A helping of beans makes any dish more filling, thanks to an abundance of protein and fiber. "Being rich in both types of fiber—soluble and insoluble—beans also help lower cholesterol and promote healthy digestion," says Warren, who suggests eating a variety, such as chickpeas, black beans, and heirloom beans, for the widest range of nutrients. Cook a big batch of dried beans for use throughout the week, or stock up on cans with BPA-free linings and no added salt.

**TIP** Add a strip of kombu seaweed to beans as they cook to make them more easily digestible.

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→  
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**3 | greek yogurt** Swap out regular yogurt for this thicker, strained variety, which has up to twice as much protein. Warren forgoes non-fat yogurt in favor of 2% or even whole, which will leave you feeling fuller and more satisfied. Go organic, when possible: recent research shows that organic milk contains more heart-protective omega-3 fatty acids than its conventional cousin. Look for plain Greek yogurt, and sweeten it yourself using fruit or a natural sweetener such as agave or honey.

**TIP** Prefer savory to sweet? Add a few spoonfuls of Greek yogurt to blended soups and sautéed greens.

**4 | eggs** Starting your day with an egg can help curb cravings later in the day—just don't skip the yolk. "It's a great source of the nutrient choline, which is vital for cells to function properly," says Warren. Egg yolks are also rich in lutein and zeaxanthin, antioxidants that help maintain eye health.

Note: the U.S. Department of Agriculture recommends consuming less than 300 milligrams cholesterol per day. One large egg clocks in at 186 milligrams.

**TIP** Check the Cornucopia Institute's Organic Egg Scorecard to see how different egg companies stack up.

**psst!**

You don't need to combine incomplete proteins such as beans and rice, which lack all nine essential amino acids, within one meal. If you eat a range of veg proteins throughout the day, you'll most likely be in good shape. (When in doubt, you can load up on quinoa, one of the few plant-based complete proteins. It provides 4 grams of protein in a ½-cup serving.)

FOOD	SERVING SIZE	PROTEIN (GRAMS)
Tempeh	4 oz.	21
Greek yogurt, 2%	6 oz.	17
Tofu, firm	4 oz.	10
Lentils, cooked	½ cup	9
Black beans, cooked	½ cup	7
Peanut butter	2 Tbs.	7
Egg	1 large	6

**5 | lentils** These little legumes are packed with the about the same amount of hunger-quelling fiber as beans, but they require no soaking and cook up in just 20 to 30 minutes. What's more, "they're an excellent source of folate—even more so than beans—which is important for your nervous system and heart health," says Warren. She suggests pairing iron-rich lentils with foods high in vitamin C, such as tomatoes and oranges, which help your body absorb the iron.

**TIP** Not a fan of mushy lentils? Choose French or Puy lentils, which hold their shape when cooked.

## 6 | nuts and nut butters

Just a handful of walnuts, almonds, cashews, or peanuts gives you a quick-and-easy protein boost. Nutty for nut butter? All types are good sources of monounsaturated fat, which can help lower "bad" LDL cholesterol levels, says Warren. She advises skipping low-fat varieties that remove much of this good fat, and opting for jars with just two ingredients: nuts and salt. Spread on toast, stir into stews, or whirl into morning smoothies.

**TIP** Try sunflower seed butter if you're allergic to nuts.

**7 | tempeh** Don't be intimidated by nutty, earthy tempeh. Like tofu, it's made from soybeans, but with a twist: "The beans are fermented, producing bacteria that's beneficial for your GI tract," says Warren. "The fermentation process also breaks down the carbohydrates that some people have trouble digesting, making it an easier-to-tolerate option for people whose bellies don't do tofu." For a beginner-friendly ground meat alternative, crumble tempeh, pan-fry it, and stir into pasta sauces, taco fillings, and chili.

**TIP** Liven up salads and sandwiches with tempeh bacon, a smoky treat that's great for new vegetarians.

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HEARTY HANDHELD  
CREATIONS REV UP  
YOUR MORNING MEAL

# wrap stars

Breakfast burritos are tasty, but their fillings can be pretty predictable. The options usually start with something scrambled, and often end up being highly caloric. When we asked VT's recipe tester, Abigail Wolfe, to revamp the breakfast burrito concept, she came up with these five variations that make a tasty, healthful start to any day.

## Black Bean Breakfast Burrito with Plantains and Mango Salsa

SERVES 4 | 30 MINUTES OR LESS

Ripe plantains have a starchy consistency like potatoes, but with more fiber.


- 2 cups sliced ripe plantains (2 medium)
- 1 lime, juiced and zest grated (2 Tbs. juice and 1 tsp. zest)
- 1 15-oz. can black beans, drained and rinsed
- $\frac{1}{2}$  cup prepared mango salsa, plus more for serving, optional
- 4 8-inch flour tortillas, warmed

**1** | Combine plantains, lime juice, and  $\frac{1}{2}$  cup water in small saucepan. Bring to a boil over medium heat, cover pan, and simmer 20 minutes, or until plantains are very soft.

Mash with fork or potato masher, and stir in lime zest. Season with salt and pepper, if desired.

**2** | Combine beans and salsa in small saucepan; warm over medium heat 3 to 5 minutes, stirring occasionally. Season with salt and pepper, if desired.

**3** | Spread heaping  $\frac{1}{4}$  cup plantains on bottom half of each tortilla, leaving 2-inch border. Top with  $\frac{1}{2}$  cup bean mixture. Fold sides of tortilla over filling, then roll from bottom up. Serve with additional salsa, if using.

PER BURRITO 349 cal; 11 g prot; 4 g total fat (2 g sat fat); 72 g carb; 0 mg chol; 779 mg sod; 9 g fiber; 18 g sugars 

PHOTOGRAPHY Maren Caruso  
FOOD STYLING Kim Kissling  
PROP STYLING Ethel Brennan



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**Breakfast Wrap with Spicy Millet and Stir-Fried Vegetables**

SERVES 4

Pack a breakfast burrito with pre-sliced, tender veggies. Serve with additional sweet chili sauce, if desired.

- 4 Tbs. Asian sweet chili sauce, divided
- $\frac{2}{3}$  cup millet
- 4 cups frozen stir-fry vegetable blend
- 4 large eggs
- 4 8-inch flour tortillas, warmed

**1** | Bring  $1\frac{1}{3}$  cups salted water and 2 Tbs. sweet chili sauce to boil in small saucepan. Add millet, cover, and simmer over medium-low heat 15 to 20 minutes, or until millet is al dente and liquid is absorbed. Set aside, and keep warm.

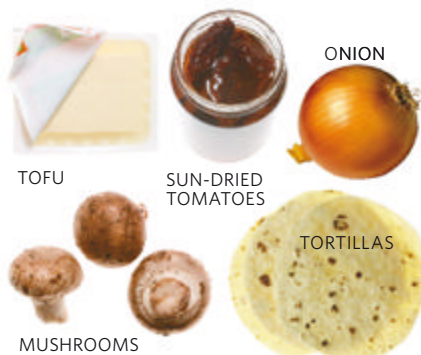
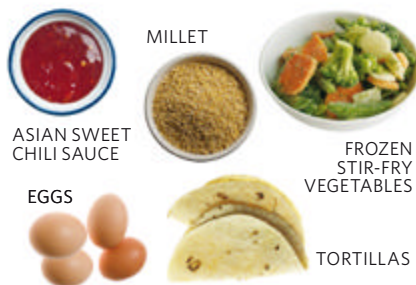
**2** | Coat large non-stick skillet with cooking spray, and heat over medium-high heat. Add stir-fry blend and 2 Tbs. water, cover, and cook 5 minutes, or until hot. Uncover, and add cooked millet. Sauté 5 minutes. Stir in 1 Tbs. sweet chili sauce. Keep warm.

**3** | Whisk together eggs, 1 Tbs. water, and remaining 1 Tbs. sweet chili sauce in small bowl.

**4** | Heat non-stick skillet over medium-low heat, and spray with cooking spray. Add egg mixture, and scramble 2 to 3 minutes, or until eggs are cooked but still soft.

**5** | Mound 1 cup eggs and vegetable mixture on lower third of each tortilla, leaving 2-inch border. Fold sides of tortilla over filling, then roll from bottom up.

**PER WRAP** 398 cal; 16 g prot; 10 g total fat (3 g sat fat); 62 g carb; 186 mg chol; 678 mg sod; 6 g fiber; 9 g sugars

**Sun-Dried Tomato Tofu Wrap with Mushrooms and Onions**

SERVES 4

Oil-packed sun-dried tomatoes infuse tofu with bright flavor that complements the mushrooms and onions.


- 1 14-oz pkg. firm tofu, drained, cubed, and patted dry
- 8 oil-packed sun-dried tomato halves, finely chopped ( $\frac{1}{4}$  cup), plus 2 Tbs. oil, divided
- 1 large onion, diced (2 cups)
- 4 cups sliced mushrooms
- 4 8-inch flour tortillas, warmed

**1** | Place tofu cubes, 2 Tbs. sun-dried tomatoes, and 1 Tbs. tomato oil in resealable plastic bag. Seal, and gently shake to coat tofu. (Cubes will break up a bit.) Marinate 30 minutes, or refrigerate overnight.

**2** | Heat remaining 1 Tbs. oil in large non-stick skillet over medium heat. Add onion, and sauté 15 to 20 minutes. Add mushrooms, and sauté 10 minutes more. Season with salt and pepper (if desired), transfer to small bowl, and keep warm.

**3** | Wipe out skillet, and coat with cooking spray. Add tofu, and sauté over medium heat 10 minutes, gently breaking up cubes.

**4** | Spread  $1\frac{1}{2}$  tsp. remaining chopped sun-dried tomatoes over each tortilla. Mound  $\frac{1}{2}$  cup tofu on bottom third of each tortilla, leaving 2-inch border. Top each with heaping  $\frac{1}{4}$  cup mushroom-onion mixture. Fold sides of tortillas over filling, then roll from bottom up.

**PER WRAP** 353 cal; 16 g prot; 16 g total fat (3 g sat fat); 39 g carb; 0 mg chol; 488 mg sod; 4 g fiber; 6 g sugars 

**Breakfast Burrito with Butternut-Apple and Veggie Sausage Hash**

SERVES 4 | 30 MINUTES OR LESS

Shredded butternut squash and an egg crêpe make these burritos especially easy to eat on the go.

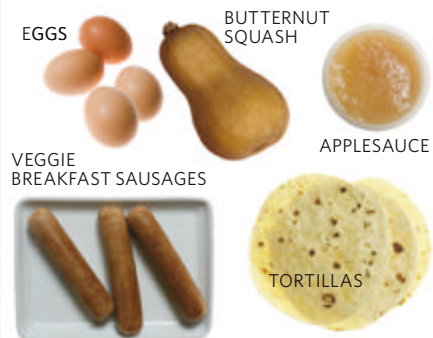
- 2 links veggie breakfast sausage, finely chopped (1 cup)
- 1 small butternut squash, peeled, seeded, and shredded (4 cups)
- $\frac{3}{4}$  cup unsweetened applesauce, divided, plus more for serving
- 4 large eggs
- 4 8-inch flour tortillas

**1** | Heat large non-stick skillet over medium-high heat, and spray with cooking spray. Add veggie sausage, and sauté 3 minutes. Add butternut squash, and cook 10 to 12 minutes, or until squash begins to crisp and brown. Stir in  $\frac{1}{2}$  cup applesauce, and cook 1 minute. Remove from heat, and keep warm.

**2** | Heat small non-stick skillet over medium heat, and spray with cooking spray. Whisk eggs with  $\frac{1}{4}$  cup water in measuring cup, and season with salt and pepper, if desired. Pour one-quarter of egg mixture into skillet, and cook 1 to 2 minutes until cooked through, creating very thin crêpe. Slide onto plate, and cover with parchment paper. Repeat with remaining egg mixture.

**3** | Spread each tortilla with 1 Tbs. applesauce, then top with egg crêpe and 1 cup butternut mixture. Fold sides of tortilla over filling, then roll from bottom up. Serve with additional applesauce.

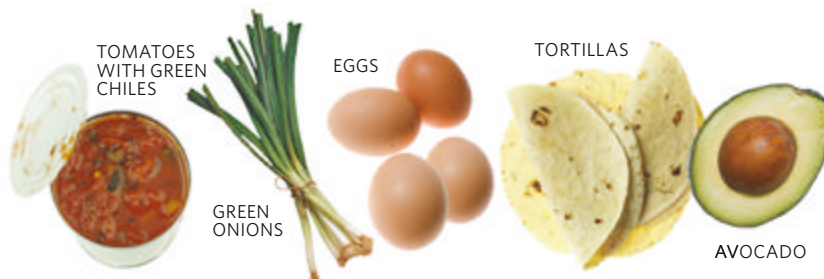
**PER BURRITO** 334 cal; 16 g prot; 11 g total fat (3 g sat fat); 45 g carb; 186 mg chol; 636 mg sod; 5 g fiber; 8 g sugars



## Breakfast Burrito with Tomato-Poached Eggs

SERVES 4 | 30 MINUTES OR LESS

When the poached eggs break inside the burritos, they create a smooth sauce that coats the other ingredients. These breakfast wraps are best eaten right after they are made.



- 1 15-oz. can diced tomatoes with green chiles
- 8 green onions
- 4 large eggs
- 4 8-inch flour tortillas, warmed
- 1 large avocado, sliced into 12 pieces

**1** | Strain juices from canned tomatoes into small saucepan, pressing on solids to extract as much liquid as possible (¾ cup). Add 1 cup water, and bring to a simmer. Finely chop tomatoes (1 cup), and set aside.

**2** | Heat grill pan over high heat, and spray with cooking spray. Grill green onions 3 to 5 minutes, or until tender and charred. Remove from heat, and season with salt and pepper, if desired.

**3** | Crack 1 egg into small bowl, then pour from bowl into simmering tomato water; repeat with remaining eggs, and poach 2 to 3 minutes for runny yolks, 4 minutes for firmer yolks. Remove eggs from liquid to plate with slotted spoon.

**4** | Spread 2 Tbs. chopped tomatoes on each tortilla, leaving 2-inch border. Place 2 green onions horizontally in center of each tortilla; top with 3 slices of avocado. Gently place 1 poached egg in lower third of each tortilla, and top each egg with 2 Tbs. chopped tomato. Fold sides of tortilla over filling, then gently roll from bottom up.

**PER BURRITO** 344 cal; 13 g prot; 18 g total fat (4 g sat fat); 35 g carb; 186 mg chol; 786 mg sod; 7 g fiber; 4 g sugars 🌱

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WHOLE ROASTED  
CAULIFLOWER WITH  
LEMONY BROWN  
BUTTER, p. 80

# crank it up

**Roasted vegetable recipes** are all over the dial when it comes to oven temperatures. Some stick to a conservative 350°F and call for about an hour of cooking time. Others play around with 25°F increments. To keep things simple, crank up your oven to 450°F so vegetables brown beautifully and achieve rich roasted flavor in a jiffy.

PHOTOGRAPHY Maren Caruso FOOD STYLING Karen Shinto PROP STYLING Christine Wolheim



# 6

## STEPS TO ROASTING SUCCESS

**1. PREHEAT PROPERLY** Give your oven 20 minutes or more to reach 450°F.

**2. COOK LIKE WITH LIKE** For vegetable medleys with different roasting times (see “Roasting Cheat Sheet,” p. 42), place vegetables with similar cooking times on the same baking sheet.

**3. USE JUST ENOUGH OIL TO COAT** Too much oil may cause burning.

**4. GIVE ITEMS PLenty OF ROOM** Arrange vegetables in a single layer with plenty of room between them on baking sheets. Space is key to keeping the hot air circulating around and browning vegetables, not just heating them and letting them steam in their own juices.

**5. ROTATE PANS** Oven hot spots are more pronounced at high temperatures. Turn baking sheets around and shift them from upper to lower oven racks halfway through the cooking time.

**6. ADD DELICATE SEASONINGS LAST** Minced garlic, fresh herbs, dried spices, and sweeteners can burn at high heat. Stir them into vegetables just before serving—the heat of the veggies is enough to release their flavors and aromas.







MIXED ROASTED  
MUSHROOMS, p. 44

## ROASTING CHEAT SHEET

5-10 MINUTES	10-15 MINUTES	15-20 MINUTES	20-25 MINUTES	25-30 MINUTES
Asparagus spears, trimmed	Brussels sprouts, halved	Broccoli florets	Carrot chunks	Beet cubes
	Whole okra pods	Whole cherry tomatoes	Cauliflower florets	Celery root cubes
		Whole green beans	Eggplant cubes	Potato chunks
		Leek rounds	Fennel chunks	Rutabaga cubes
		Mushrooms (button, shiitake, portobello)	Mushrooms (wild, oyster, trumpet)	Sunchoke slices
		Summer squash slices or chunks	Parsnip chunks	Turnip cubes
		Winter squash chunks	Sweet potato cubes	Winter squash, halved



# this!

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## Mixed Roasted Mushrooms Over Creamy Butternut Purée

SERVES 4

Roasted mushrooms and butternut squash need little seasoning to be absolutely delicious. To keep the garlic from burning, be sure it's in the bottom of the butternut squash cavities.

### BUTTERNUT PURÉE

- 1 small butternut squash, halved and seeded
- 1 Tbs. plus 1 tsp. olive oil, divided
- 2 cloves garlic, minced (2 tsp.)
- $\frac{1}{8}$  tsp. ground nutmeg

### ROASTED MUSHROOMS

- 2½ cups shiitake mushrooms, stemmed and sliced ½-inch thick
- 2 cups halved cremini mushrooms
- 2 cups king trumpet mushrooms, sliced ½-inch thick lengthwise

- 2 cups oyster mushrooms, torn into same-size pieces
- 3 Tbs. olive oil
- 2 tsp. chopped fresh sage

**1** | To make Butternut Purée: Place squash halves on baking sheet cut side up. Brush with 1 tsp. oil, and place 1 tsp. minced garlic in cavity of each half. Roast 25 to 30 minutes, or until squash is soft when pressed.



**2** | Scoop squash out of skin into bowl, and mash with fork. Mash in remaining 1 Tbs. oil and nutmeg, and season with salt and pepper, if desired. Keep warm.

**3** | To make Roasted Mushrooms: Preheat oven to 450°F. Position one oven rack in top one-third of oven; position second rack in bottom third of oven. Coat two baking sheets with cooking spray.

**4** | Place shiitake and cremini mushrooms on one baking sheet; place trumpet and oyster mushrooms on second baking sheet. Drizzle each baking sheet with 1½ Tbs. oil, and toss to coat mushrooms.

**5** | Roast mushrooms 15 minutes. Sprinkle each batch of mushrooms with 1 tsp. sage, and switch baking sheets from top to bottom. Continue roasting 5 minutes more, then remove baking sheet with shiitake and cremini mushrooms from oven. Roast trumpet and oyster mushrooms 5 minutes more.

**6** | To serve: divide Butternut Purée among four serving plates, and top with Roasted Mushrooms.

**PER SERVING ( $\frac{1}{4}$  CUP PURÉE AND  $\frac{1}{2}$  CUP MUSHROOMS)** 210 cal; 5 g prot; 16 g total fat (2 g sat fat); 17 g carb; 0 mg chol; 22 mg sod; 5 g fiber; 4 g sugars  



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**2015 Reader Recipe Contest**

# family favorites

Got a recipe your family loves enough to keep in regular rotation? A healthful side dish that adults enjoy and the kids will actually eat? A divine dessert that makes a regular appearance for special occasions? If so, our 2015 Reader Recipe Contest is for you!

To participate in the contest, simply send us your best original recipes in any of the following three categories: **Entrées, Soups & Sides**, and **Desserts**, by **March 31, 2015**. Recipes should call for no more than 10 ingredients (salt, pepper, water, and cooking spray are freebies), and must include at least one product from the sponsors listed below.

Recipes will be judged on originality, taste, ease of preparation, presentation, and family friendliness (i.e., does it serve at least four people, and will kids like it?). One winning recipe in each of the three categories will be awarded a **\$500 cash prize**. The three winning recipes, one runner-up recipe in each category, and the readers who create them will all be featured in the September 2015 issue of *Vegetarian Times*.

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Go to **[vegetariantimes.com/2015ReaderRecipeContest](http://vegetariantimes.com/2015ReaderRecipeContest)** for entry form & contest rules



## Root Vegetable Medley with Brussels Sprouts

SERVES 4 | 30 MINUTES OR LESS

Hearty vegetables are roasted, and then coated in a sweet and spicy glaze.

- 2 small or 1 large parsnip, cut into 1-inch pieces (12 oz.)
- 3 medium carrots, cut into 1-inch pieces (8 oz.)
- 3 tsp. olive oil
- 1½ cups Brussels sprouts, trimmed and halved (8 oz.)
- 2 Tbs. honey
- 1 Tbs. balsamic vinegar
- 2 cloves garlic, minced (2 tsp.)
- ½ tsp. red pepper flakes, optional


**1** | Preheat oven to 450°F, and position oven rack in center. Coat two large baking sheets with cooking spray.

**2** | Toss parsnips and carrots with 2 tsp. oil, and arrange on one prepared baking sheet. Toss Brussels sprouts with remaining 1 tsp. oil, and arrange on second baking sheet. Roast 10 to 12 minutes, stirring vegetables once or

twice, then remove Brussels sprouts from oven. Roast parsnips and carrots 8 to 10 minutes more.

**3** | Meanwhile, whisk together honey, vinegar, garlic, and red pepper flakes (if using) in small bowl.

**4** | Transfer roasted vegetables to serving dish, toss with honey mixture, and season with salt and pepper, if desired.

**PER ¾-CUP SERVING** 174 cal; 4 g prot; 4 g total fat (<1 g sat fat); 33 g carb; 0 mg chol; 62 mg sod; 7 g fiber; 17 g sugars 

## Oven-Crisped Baby Potatoes and Onions

SERVES 4 | 30 MINUTES OR LESS

A touch of Dijon mustard flavors these potatoes so you need less salt.


- 2 Tbs. olive oil
- 1 tsp. Dijon mustard
- ¾ tsp. salt
- ¾ tsp. freshly ground black pepper
- 1 lb. mixed red and yellow baby potatoes, halved
- 2 small Vidalia or other sweet onions, cut into 8 wedges each

- 1 Tbs. fresh thyme leaves
- 1 tsp. fennel seed, optional
- ¾ cup shredded fontina cheese (1 oz.)

**1** | Preheat oven to 450°F.

**2** | Whisk together oil, mustard, salt, and pepper in a large bowl. Add potatoes and onions, and toss to coat. Spread evenly on baking sheet.

**3** | Roast 18 to 20 minutes, or until potatoes start to brown and lift easily from pan without sticking. Flip potatoes and onions with tongs, and rotate pan; continue roasting 8 to 12 minutes, or until tender inside, and crisp and golden outside. Remove baking sheet from oven, and toss potatoes and onions with thyme and fennel seed; scatter cheese on top. Return to oven, 1 to 2 minutes more, and roast until vegetables are fragrant, and cheese is melted. Season with additional salt and pepper, if desired.

**PER 1-CUP SERVING** 216 cal; 5 g prot; 9 g total fat (2 g sat fat); 30 g carb; 8 mg chol; 552 mg sod; 3 g fiber; 6 g sugars 

CONTINUED ON p. 80.

# more medleys!

TRY ANY ONE OF THESE TASTY VEGETABLE COMBINATIONS ROASTED AT 450°F.

### SPROUTS & SPUDS

Toss 3 cups halved baby potatoes with 1 Tbs. olive oil, and spread on baking sheet. Toss 2 cups halved Brussels sprouts and 1 cup leek rounds or sliced onions with 1 Tbs. olive oil on second baking sheet. Roast Brussels sprouts 10 to 15 minutes and potatoes 25 to 30 minutes. Transfer to serving bowl, and season with salt and pepper, if desired.

### MEDITERRANEAN MOJO

Toss 2 cups zucchini chunks, 1 cup eggplant chunks, 2 cups cherry tomatoes, and 1 cup sliced onions with 2 Tbs. olive oil. Spread vegetables on two baking sheets, and roast 15 to 20 minutes. Transfer to serving bowl, and toss with 1 Tbs. herbes de Provence and 1 tsp. minced garlic. Season with salt and pepper, if desired.

### BEETS & BROCCOLI

Toss 2 cups beets with 2 tsp. olive oil, and spread on baking sheet. Toss 3 cups broccoli florets and 1 cup sliced onions with 1 Tbs. olive oil, and spread on second baking sheet. Roast beets 25 to 30 minutes, and broccoli 15 to 20 minutes. Transfer to serving bowl, and toss with 2 tsp. toasted sesame oil and 2 tsp. toasted sesame seeds.

### CARROTS & CAULIFLOWER

Toss 2 cups carrot chunks, 2 cups cauliflower florets, and 2 cups red onion wedges with 2 Tbs. olive oil, and spread on one or two baking sheets. Roast 20 to 25 minutes. Transfer to serving bowl, and toss with 2 to 3 Tbs. sweet chili sauce.

### GREEN BEANS & CHERRY TOMATOES

Combine 3 cups green beans, 2 cups cherry tomatoes, and 2 cups leek rounds with 2 Tbs. olive oil, and spread on one or two baking sheets. Roast 15 to 20 minutes. Transfer to serving bowl, and toss with 2 tsp. chopped fresh oregano and 2 tsp. chopped fresh garlic.

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## MYTH BUSTING

By Matthew Kadey, RD

**myth** GRAZING ON  
MINI-MEALS THROUGH-  
OUT THE DAY IS BET-  
TER FOR WEIGHT LOSS  
THAN EATING FEWER,  
LARGER MEALS.



**A research review** published in 2014 in the journal *Nutrition* found no proof that meal frequency plays a significant role in weight management.

Why might that be? For one thing, most people underestimate the calories they consume. So if you're not keeping close tabs, those multiple mini-meals can easily jack up your daily calorie count.

Worse yet, a University of Missouri study found that overweight women who consumed six mini-meals a day had higher blood fat levels than those who consumed the same total calories from an old-school regimen of three meals. One possible explanation is an increased intake of nutritionally empty packaged snacks such as pretzels and chips in contrast to more wholesome meals.

What about the extra calorie burn from continual noshing? While our bodies may expend energy to process foods during digestion, frequent nibbling isn't likely to stoke metabolism in any meaningful way. When British scientists fed volunteers either two larger or five smaller meals totaling the same daily calorie count, they found that regardless, the volunteers burned virtually the same number of calories over a 24-hour period. Regular exercise will do much more to kick-start your metabolism than frequent eating could ever achieve.

That said, judicious snacking could help some people avoid becoming overly hungry and, in turn, overeating come mealtime.

---

**BOTTOM LINE** A healthy weight is much more about how many total calories you consume and the quality of those calories than how often you eat during the day.

### SNACK SMART

**Make eating between meals work for, not against you.**

➔ **STAY MINDFUL** A Yale University study found that adults were more likely to overindulge in snacking when parked in front of the TV and exposed to food advertising. Scarfing down food while watching your favorite sitcom or surfing the Web distracts you from noticing the amount you're eating and registering fullness cues.

➔ **POWER UP WITH PROTEIN** Research shows that higher-protein snacks are more satiating, which could help keep overall calorie intake in check. Plain Greek yogurt, edamame, nut butters, and hemp seeds can add a protein punch to snack time.

➔ **KEEP IT REAL** Snacks can help you nail your daily quota for vitamins, minerals, and dietary fiber—but you need to reach for wholesome options such as fruits, vegetables, nuts, and whole grains. 🌱

ILLUSTRATION Stephanie Birdsong

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BY Allyson Kramer

# waffles

START YOUR DAY  
RIGHT WITH A  
WINNING RECIPE

**Those who can't tolerate gluten** know that a tender-yet-crispy waffle can be hard to come by. Many gluten-free waffles are either too dry, too gummy, or contain sketchy ingredients—they're not exactly the breakfast of champions. But a simple combination of gluten-free starches, brown rice flour, and a teaspoon of xanthan gum yields waffles with a delicate center and a crispy, crunchy exterior that also happen to be egg- and dairy-free.





## Brown Rice Waffles




MAKES 6 WAFFLES | 30 MINUTES OR LESS

Try these gluten-free classics topped with maple syrup; or dress them up with a fruit compote and a dollop of yogurt; or dredge 1 cup fresh or frozen berries in brown rice flour, and mix them into your batter just before cooking.

- 1½ cups brown rice flour
- ¾ cup cornstarch
- ¾ cup tapioca flour
- 1 tsp. xanthan gum
- 1 Tbs. baking powder
- 1 tsp. salt
- 3 Tbs. sugar
- ¾ cup olive oil or coconut oil
- 2 cups unsweetened non-dairy milk, such as soy milk

**1** | Whisk together brown rice flour, cornstarch, tapioca flour, xanthan gum, baking powder, salt, and sugar in large bowl. Make well in center of mixture, and pour in oil and milk. Whisk vigorously until thin batter forms (it will thicken as it rests).

**2** | Preheat waffle iron, and coat with cooking spray. Pour batter into center of waffle iron, and clamp down to close. Cook according to waffle iron directions. Waffles will keep up to one day in an airtight container in the refrigerator, or up to three months in the freezer.

**PER WAFFLE** 322 cal; 5 g prot; 12 g total fat (2 g sat fat); 50 g carb; 0 mg chol; 695 mg sod; 3 g fiber; 7 g sugars   

*Allyson Kramer is a cookbook author who specializes in allergy-friendly recipes.*



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BY Mary Margaret Chappell

NOURISH YOUR SOUL WITH THESE  
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THE VT STAFF, ALL MADE OVER  
HEALTHY AND VEG

# comfort ZONE

Comfort food is a personal thing. The dishes that make us feel warm and cozy just thinking about them are the ones with a personal history. When the VT editors shared their best-loved comfort foods, the dishes they chose weren't your usual crusty pot pies or saucy meatloaves (and only one came from Mom). Read the stories behind our staffers' picks, and then check out the lighter, meatless versions that gave them the warm fuzzies all over again.

PHOTOGRAPHY Maren Caruso FOOD STYLING Karen Shinto PROP STYLING Christine Wolheim



MOCK TUNA-NOODLE  
CASSEROLE, p. 58



“*Hamish*, the Yiddish word that translates as ‘informal, cozy, warm,’ pretty much sums up a knish. A little bit dumpling, a little bit mashed potato, with fried onions to save it from tasting bland, it satisfied my finicky kid appetite. And its simplicity continues to comfort. It’s not fussy. It’s not fancy. Like the delis where I was introduced to them, knishes make me feel at home.”

—Amy Spitalnick, senior editor



## Potato Knishes

MAKES 8 KNISHES

Chopped spinach adds a boost of nutrients and flavor to these cozy dumplings. Feel free to substitute your favorite fillings.

### FILLING

- 1 lb. russet potatoes, peeled and cut into chunks
- 2 Tbs. ground flaxseeds
- 4 Tbs. vegetable oil
- 3 medium onions, chopped (4½ cups)
- 4 oz. baby spinach, coarsely chopped (4 cups)
- 1 clove garlic, minced (1 tsp.)
- Coarse sea salt for garnish, optional

### DOUGH

- 2 cups all-purpose flour
- ½ tsp. salt
- 2 Tbs. ground flaxseeds
- ⅓ cup vegetable oil
- 1½ tsp. vinegar
- 1 small onion, finely grated (¼ cup)

**1|** To make Filling: Cover potatoes with water in saucepan, bring to a boil, and cook 10 to 15 minutes, or until very soft. Drain, reserve cooking liquid, and transfer potatoes to medium bowl. Mash with ¼ cup cooking water and flaxseeds. Set aside.

**2|** Heat oil in large skillet over medium heat. Add onions, and cook 7 to 10 minutes, or until golden. Add spinach, garlic, and ½ cup potato cooking water; cook 5 minutes, or until spinach is tender and bright green and liquid has evaporated.

**3|** Stir onion mixture into potatoes, adding more potato cooking water, if necessary. Season with salt and pepper, if desired. Cool.

**4|** To make Dough: Whisk together flour and salt in medium bowl. Whisk together flaxseeds and ½ cup hot potato cooking water in small bowl. Whisk in oil, vinegar, and grated onion. Stir liquid into flour mixture until soft dough forms, adding 1 to 2 Tbs. more potato cooking water, if necessary. Cover with kitchen towel, and let rest 1 hour.

**5|** Preheat oven to 350°F. Coat baking sheet with cooking spray.

**6|** Divide Dough into two rounds. Roll one round of Dough into 10-inch square on well-floured work surface, then cut into four 5-inch squares. (Note: Dough is very forgiving, but it will be soft.)

**7|** Scoop ½ cup cooled Filling into center of each square. Pull Dough edges up and around Filling, and pinch to close. Place seam side down on prepared baking sheet. Repeat with remaining Dough round and Filling. Brush knishes with oil, and sprinkle with coarse salt (if using). Bake 30 to 40 minutes, or until golden brown.

**PER KNISH** 362 cal; 6 g prot; 18 g total fat (1 g sat fat); 45 g carb; 0 mg chol; 176 mg sod; 5 g fiber; 5 g sugars





“A KNISH IS  
A LITTLE BIT  
DUMPLING,  
A LITTLE  
BIT MASHED  
POTATO, WITH  
FRIED ONIONS  
TO SAVE IT  
FROM TASTING  
BLAND.”







“I haven’t eaten General Tso’s chicken in many, many years, but growing up, I ordered it about once a week at my neighborhood Chinese take-out. What I realized after trying this tofu version? You totally don’t need the chicken. It’s all about the rich, satisfying, sweet-and-spicy sauce.”

—Tami Fertig, associate editor

## General Tso’s Tofu

SERVES 4

Skip the deep-fried calories that usually go along with this take-out favorite by roasting marinated tofu to crispy-on-the-outside, tender-on-the-inside perfection.

### CRISPY TOFU

- 1 16-oz. pkg. firm tofu, drained
- 2 tsp. low-sodium soy sauce
- 2 tsp. rice vinegar
- 1 tsp. mirin (rice wine)
- 1 tsp. vegetable oil
- ½ tsp. minced garlic
- ½ tsp. grated fresh ginger
- 1 Tbs. cornstarch

### SAUCE

- ½ cup low-sodium vegetable broth
- 2 Tbs. sugar
- 1½ Tbs. low-sodium soy sauce
- 4 tsp. mirin (rice wine)
- 2 tsp. rice vinegar
- 2 tsp. sesame oil
- 2 tsp. cornstarch
- 1½ tsp. tomato paste
- ½ tsp. sambal oelek chile paste, optional
- 2 tsp. vegetable oil
- 4 green onions, green parts chopped (½ cup)
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. grated fresh ginger

### ACCOMPANIMENTS

- 2 cups steamed broccoli
- 2 cups steamed brown or white rice

**1** To make Crispy Tofu: Cut tofu block into two broad slabs. Wrap tofu slabs in paper towels, and place between two cutting boards. Weight top cutting board with soup cans, and press 30 minutes. Unwrap tofu, and cut into 1-inch cubes.

**2** Combine soy sauce, vinegar, mirin, oil, garlic, and ginger in resealable container. Add tofu, and toss to coat. Marinate 30 minutes, or overnight. (Tofu should absorb all liquid.)

**3** Preheat oven to 350°F, and coat baking sheet with cooking spray. Sift cornstarch over tofu, and turn to coat evenly. Spread tofu on baking sheet. Bake 30 to 40 minutes, or until firm and crispy, turning several times to brown all sides.

**4** To make Sauce: Whisk together broth, sugar, soy sauce, mirin, vinegar, sesame oil, cornstarch, tomato paste, and sambal oelek (if using) in small bowl. Set aside.

**5** Heat vegetable oil in wok or large skillet over medium-high heat. Add green onions, garlic, and ginger, and stir-fry 1 minute. Add broth mixture, and cook 1 minute, or until thickened. Stir in Tofu. Serve with steamed broccoli and rice.

**PER SERVING (1 CUP TOFU, ½ CUP BROCCOLI, AND ½ CUP RICE)** 335 cal; 14 g prot; 12 g total fat (1 g sat fat); 42 g carb; 0 mg chol; 332 mg sod; 4 g fiber; 11 g sugars











“As a kid, I loved helping my mom make tuna casserole. Her recipe was a very '70s blend of egg noodles, red onion, way too much butter, a can of cream of mushroom soup, and shredded Cheddar cheese. The result was so flavorful and rich, it was hard for me to wait for the casserole to bake. I would lick the mixing bowl clean, or set aside a small helping of unbaked casserole to nibble on while the rest baked in the oven.

Yep, I ate it raw.”

—Elizabeth Turner, editor in chief

## Mock Tuna-Noodle Casserole

SERVES 6

A salty chickpea cake has just the right flakiness for a tasty mock tuna.

### MOCK TUNA

- ½ cup chickpea or garbanzo flour
- 2 Tbs. nutritional yeast
- ¾ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 2 Tbs. olive oil
- 2 tsp. lemon juice
- ½ cup cooked chickpeas

### CASSEROLE

- 2 Tbs. olive oil
- 2 Tbs. butter
- 2 cups coarsely chopped button or cremini mushrooms

- 1 red onion, chopped (1½ cups)
- 2 cloves garlic, minced (2 tsp.)
- ¼ cup all-purpose flour
- 1¼ cups mushroom broth
- ¾ cup low-fat milk
- 4 oz. uncooked egg noodles
- 1 cup frozen peas
- ½ cup grated Cheddar cheese, plus more for top of casserole, optional

**1** To make Mock Tuna: Whisk together chickpea flour, nutritional yeast, salt, and pepper in medium bowl. Stir in oil and lemon juice, then stir in ½ cup water until smooth. Add chickpeas, and coarsely mash.

**2** Coat large non-stick skillet with cooking spray, and heat over medium-high heat. Pour chickpea mixture into skillet, and spread to coat bottom of pan. Cover pan, reduce heat to medium-low, and cook 7 to 10 minutes. Flip chickpea cake (it's OK if it breaks), cover pan, and cook 5 to 7 minutes more, or until lightly browned on both sides. Set aside.

**3** To make Casserole: Heat oil and butter in medium saucepan over medium heat. Add mushrooms, onion, and garlic, and cook 5 to 7 minutes, or until mushrooms are softened. Stir in flour, and cook 30 seconds. Pour in broth and milk, and cook 3 to 5 minutes, or until sauce thickens, stirring constantly. Season with salt and pepper, if desired. Set aside.

**4** Preheat oven to 400°F. Cook egg noodles according to package directions, drain well, and transfer to large bowl. Break Mock Tuna into small flakes or pieces, and add to bowl. Stir in mushroom mixture, peas, and ½ cup cheese. Transfer to 2-quart baking dish, and top with more cheese (if using). Bake 20 minutes, or until hot, bubbly, and starting to brown on top.

**PER 1-CUP SERVING** 358 cal; 13 g prot; 18 g total fat (6 g sat fat); 36 g carb; 45 mg chol; 468 mg sod; 5 g fiber; 7 g sugars





“The beef-and-bean chili my mom made was a comfort-food staple that I liked well enough growing up. Then a post-college class assignment involving Wick Fowler’s 2 Alarm Chili Kit hipped me to thick, chewy, spicy, and bean-free Texas-style chili. I loved it, and I wanted to share. Anytime I hosted a party or attended a potluck in the mid ‘90s, I made a Crock-Pot of Texas-style chili and served it with various add-ins and garnishes.”

—Don Rice, copy chief



## Texas-Style Chili

SERVES 6

Texas-style chili is a bean-free stew that’s usually made with chunks of slow-cooked beef. Here, eggplant stands in for meat in the traditional thick, spicy sauce. Serve with chopped green onions, cilantro, jalapeño, tomato, shredded cheese, sour cream, and corn chips.




- 3 mulato or pasilla dried chiles
- 2 costeno dried chiles
- 1 cascabel dried chile
- 2 Tbs. olive oil
- 1 red bell pepper, cut into chunks
- 1 medium onion, cut into chunks
- 4 cloves garlic, peeled
- 1 15-oz. can whole tomatoes
- 1½ Tbs. chili powder
- 2 tsp. light brown sugar or 1 tsp. molasses, optional
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 4 medium Japanese eggplant, peeled and cut into 2-inch chunks
- 2 Tbs. masa harina

**1|** Place dried chiles in medium bowl, and cover with 1½ cups boiling water. Let stand 20 minutes, or until soft, pushing chiles under water occasionally. Let liquid cool until chiles are easy to handle.

**2|** Remove tough stems and seeds from rehydrated chiles, using soaking liquid to rinse away seeds. Coarsely chop chiles, and strain liquid to remove seeds. Set aside.

**3|** Heat oil in large Dutch oven over medium-high heat. Add bell pepper, onion, and garlic, and sear 1 to 2 minutes, or until beginning to brown. Add chiles with soaking liquid, tomatoes with juice, chili powder, brown sugar (if using), cumin, oregano, and 4 cups water. Season with salt and pepper, if desired. Cover, and simmer 30 minutes.

**4|** Remove pot from heat, and blend chiles and vegetables with immersion blender until smooth. Stir in eggplant chunks, then cover pot, and simmer 30 minutes over medium heat, or until eggplant is tender, stirring occasionally. Stir in masa harina, and season with salt and pepper, if desired.

**PER 1-CUP SERVING** 148 cal; 4 g prot; 6 g total fat (<1 g sat fat); 21 g carb; 0 mg chol; 242 mg sod; 7 g fiber; 10 g sugars   





BY Selma Brown Morrow

1 FOOD ▼ 5 WAYS

# carrots

BRIGHTEN UP YOUR MEALS WITH COLORFUL ROOT VEGGIES



**The link between carrots** and improved eyesight may be overblown (see “Cracking the Carrot Code,” p. 62), but the tapered taproots still look mighty good with their deep orange hues—not to mention eye-catching yellow, white, and purple varieties. Carrots also remain a great way to get your vitamin A and reduce the risk of cardiovascular disease, according to a study published in the *British Journal of Nutrition* in 2011. And when you opt for purple carrots, you’ll get the added benefit of anthocyanins, the same heart-friendly antioxidants found in berries and pomegranates.

**ROASTED CARROTS WITH  
MINT CHERMOULA, p. 63**

PLATE FROM CRATE AND BARREL; SAL BERESSI FABRIC FROM SANFRANCISCOFABRICS.COM

**PHOTOGRAPHY** Maren Caruso **FOOD STYLING** Kim Kissling **PROP STYLING** Ethel Brennan





CARROT GAZPACHO WITH  
CHOPPED SALAD

SAL BERESSI | FABRIC FROM SANFRANCISCOFABRICS.COM

## CRACKING THE carrot CODE

The belief that eating carrots improves eyesight can be traced to a red (or orange) herring that the British Royal Air Force threw out during World War II. To distract the enemy from discovering a newly developed radar system, British intelligence spread a rumor that RAF pilots were able to “see” enemy aircraft so well at night because they ate a lot of carrots. While a steady diet of carrots won’t restore flawed vision to 20/20, it’s true that orange and yellow carrots are loaded with beta-carotene, a pigment that the body uses to make vitamin A, an essential nutrient for overall eye health.



**CARROT TOPS ARE EDIBLE**, but trim them from the carrots before refrigerating to keep the veggies firm and crisp.

## Carrot Gazpacho with Chopped Salad

SERVES 4



The play of textures from carrot juice, carrots, and a tomato-and-cucumber topping give this chilled soup extra elegance. Gazpacho seems a natural choice for lunch or dinner, but how about serving it at your next brunch?

- 1¼ cups chilled fresh carrot juice
- 1 cup coarsely grated carrot plus ½ cup finely diced carrot, divided
- 1½ cups whole grape tomatoes, plus ½ cup finely diced grape tomatoes, divided
- 1½ cups peeled and diced Persian cucumbers, plus ½ cup finely diced Persian cucumbers, divided
- ½ cup finely chopped onion
- 1 Tbs. sherry vinegar
- 1 tsp. prepared white horseradish
- ½ tsp. red pepper flakes
- 1 cup chopped romaine lettuce
- 1 Tbs. olive oil

**1** | Bring carrot juice and grated carrot to simmer in saucepan. Reduce heat to low, cover pan, and simmer 5 minutes. Uncover, and cool.

**2** | Blend whole grape tomatoes, diced cucumbers, onion, vinegar, horseradish, red pepper flakes, and carrot juice mixture in blender 1½ minutes, or until smooth. Season with salt and pepper, if desired. Chill at least 30 minutes.

**3** | Place finely diced carrot in small bowl, and microwave on high 1 minute to soften. Transfer to medium bowl; add finely diced tomatoes and cucumber, lettuce, and oil. Toss to blend. Season with salt and pepper, if desired. Divide gazpacho among shallow bowls. Garnish with salad.

**PER SERVING (1¼ CUPS SOUP WITH ¼ CUP SALAD GARNISH)** 101 cal; 2 g prot; 4 g total fat (<1 g sat fat); 15 g carb; 0 mg chol; 53 mg sod; 4 g fiber; 9 g sugars  

## Carrot Fritters with Dill-Yogurt Sauce

SERVES 6

Chickpeas, carrots, and feta come together in a tasty fritter accompanied by a refreshing and easy herbed yogurt sauce.

- 2 15-oz. cans chickpeas, rinsed and drained
- 1 large egg
- 4 oz. crumbled feta cheese (½ cup)
- 2 medium carrots, finely chopped (1½ cups)
- ½ small onion, finely chopped (⅓ cup)
- 4 Tbs. chopped fresh dill, divided
- 2 Tbs. chickpea or garbanzo bean flour
- ¾ tsp. salt
- ¾ tsp. freshly ground black pepper
- 1 cup 2% plain Greek yogurt
- 1 tsp. white wine vinegar


**1** | Preheat oven to 425°F. Coat rimmed baking sheet with cooking spray, or line with a silicone baking mat.

**2** | Pulse chickpeas, egg, and feta cheese in food processor until combined, and transfer to large bowl. Stir in carrots, onion, 2 Tbs. dill, chickpea flour, salt, and pepper.

**3** | Scoop mixture into Ping-Pong-ball-size spheres, flatten into patties, and place 1 inch apart on prepared baking sheet.

**4** | Bake 30 to 35 minutes, flipping fritters halfway through, or until lightly browned on both sides.

**5** | Meanwhile, stir together yogurt, vinegar, and remaining 2 Tbs. dill. Season with salt and pepper, if desired. Serve with fritters.

**PER SERVING (3 FRITTERS AND 2½ TBS. SAUCE)** 250 cal; 15 g prot; 8 g total fat (4 g sat fat); 30 g carb; 50 mg chol; 723 mg sod; 8 g fiber; 8 g sugars 

## Roasted Carrots with Mint Chermoula

SERVES 4



*Chermoula* is a textured North African marinade made of herbs, oil, and lemon juice. Here, it makes a fresh and fragrant topping for roasted carrots.

- 1 Tbs. cumin seeds
- 1 lb. baby carrots, halved, or 6 large, fat carrots, halved lengthwise and cut into wedges
- 3 Tbs. olive oil, divided
- ½ cup lightly packed fresh mint leaves
- 1 cup lightly packed fresh parsley, chopped
- 2 cloves garlic, peeled
- 1 Tbs. lemon juice
- ¾–1 tsp. hot sauce, such as sriracha
- 1 lemon, cut into wedges, for garnish

**1** | Preheat oven to 375°F. Coat large rimmed baking sheet with cooking spray. Toast cumin seeds in small skillet over medium-high heat 3 minutes, or until dark in color, tossing occasionally. Transfer cumin to plate to cool.

**2** | Toss carrots with 1 Tbs. oil and 1 tsp. toasted cumin seeds in large bowl. Spread on prepared baking sheet, and roast 30 minutes, or until carrots are tender. Set oven to broil, then broil carrots 1 to 2 minutes more. Season with salt and pepper, if desired.

**3** | Meanwhile, blanch mint in small saucepan of boiling salted water 10 seconds. Drain, and pat dry. Combine parsley, garlic, lemon juice, and hot sauce in mini food processor. Add remaining 2 Tbs. oil, remaining 2 tsp. cumin seeds, and mint. Pulse in 5-second intervals just until herbs are finely chopped. Serve carrots sprinkled with chermoula, and garnish with lemon wedges.

**PER SERVING (¾ CUP CARROTS WITH 1 TBS. CHERMOULA)** 157 cal; 2 g prot; 11 g total fat (2 g sat fat); 14 g carb; 0 mg chol; 333 mg sod; 5 g fiber; 6 g sugars  



THIS TENDER LOAF ASSEMBLES QUICKLY, AND ITS FLAVOR IMPROVES OVER A FEW DAYS.

### BRANDIED CARROT AND RAISIN POUND CAKE

### Brandied Carrot and Raisin Pound Cake

SERVES 10

This carrot cake calls for a little brandy and orange to heighten the sweet, delicate vegetable flavor of the carrots in the batter. To make your own self-rising flour, whisk 1 tablespoon baking powder and ½ teaspoon salt into 2 cups all-purpose flour.

- ½ cup raisins
- ⅓ cup brandy
- 1⅓ cups ½-inch diced carrots
- ¾ cup frozen orange juice concentrate, thawed
- 2 cups self-rising flour
- 1½ tsp. ground cinnamon
- 2⅔ cups confectioners' sugar, divided
- ½ cup unsalted butter (1 stick), softened
- 2 Tbs. low-fat sour cream
- 4 large egg whites

**1** | Position rack below center of oven, and preheat to 350°F. Coat 9- x 5-inch loaf pan with cooking spray. Line bottom of pan with parchment paper.

**2** | Combine raisins and brandy in deep bowl. Cover tightly, and microwave 1 minute. Uncover, stir once, and set aside.

**3** | Combine carrots and orange juice concentrate in food processor, and chop in 5-second intervals until reduced to rice-size bits. Whisk together flour and cinnamon in small bowl.

**4** | Cream 2 cups sugar and butter in large bowl with electric mixer until smooth and fluffy. Blend in one-third of flour, half of carrot mixture, and sour cream. Blend in another one-third flour, remaining half of carrot mixture, then remaining one-third of flour. Blend in brandy used to soak raisins, then fold in raisins.

**5** | Beat egg whites with electric mixer until soft peaks form. Beat in remaining ⅓ cup sugar until stiff peaks form. Fold egg whites into batter in three additions.

Spread batter in prepared pan, and bake 1 hour 20 minutes, or until toothpick inserted into center comes out clean. Let stand 5 minutes. Run knife around pan sides, and turn cake out onto rack. Peel off parchment paper, and turn cake right side up to cool completely.

**PER SLICE** 355 cal; 5 g prot; 10 g total fat (6 g sat fat); 62 g carb; 25 mg chol; 339 mg sod; 2 g fiber; 40 g sugars

### Carrot-Mango Sorbet

SERVES 4

To keep this sorbet smooth and creamy a little vodka is added to the mixture. It can be omitted and replaced with 2 Tbs. more agave. Serve with ginger snaps, or pair with vanilla ice cream or frozen yogurt.

- 1 cup coarsely grated carrots
- 1 cup chilled fresh carrot juice
- ½ cup amber agave nectar
- ½ cup coarsely mashed mango (4 oz.)
- 2 Tbs. vodka
- 1 tsp. lime juice
- 2 pinches salt
- 1 pinch ground ginger
- 1 pinch ground cloves
- Shaved carrot ribbons for garnish, optional

**1** | Blend all ingredients except carrot ribbons in blender 3 to 4 minutes, occasionally scraping down any carrot shreds. Freeze in ice cream maker according to manufacturer's directions. Freeze until firm.

**2** | Before serving, let sorbet stand at room temperature 5 to 10 minutes. Scoop into dishes, and garnish with carrot ribbons (if using).

**PER ½-CUP SCOOP** 185 cal; 1 g prot; <1 g total fat (<1 g sat fat); 43 g carb; 0 mg chol; 105 mg sod; 2 g fiber; 40 g sugars



*Selma Brown Morrow is a Los Angeles-based recipe developer.*





CARROT-MANGO SORBET

MANGO PLAYS UP  
THE SWEET SIDE  
OF CARROTS IN A  
BRILLIANT SORBET.





BY Claire Fitts Georges

# baking *with* Maple

**TAP INTO THE  
SUBLIME  
FLAVORS  
OF THIS  
NATURALLY  
SWEET SYRUP**

AS WINTER BEGINS TO WANE, SUGAR MAKERS GET TO WORK TAPPING SUGAR MAPLE TREES THROUGHOUT NEW ENGLAND AND CANADA TO COLLECT THE SWEET SAP THAT'S BOILED DOWN TO MAKE MAPLE SYRUP. A YEAR-ROUND BREAKFAST FAVORITE, THIS NATURAL SWEETENER CAN ADD A WHOLE NEW DIMENSION TO YOUR BAKING ROUTINE TOO.

PHOTOGRAPHY Maren Caruso FOOD STYLING Kim Kissling PROP STYLING Ethel Brennan

## Chocolate-Maple Bread

Serves 12

A hint of cinnamon helps marry the flavors of maple and chocolate.

- $\frac{1}{2}$  cup butter, softened
- 1 cup low-fat sour cream, at room temperature
- 2 large eggs
- $1\frac{1}{4}$  cups maple syrup
- $1\frac{3}{4}$  cups all-purpose flour
- $\frac{1}{2}$  cup cocoa powder
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  tsp. salt
- 1 tsp. ground cinnamon

**1** | Preheat oven to 350°F, and coat 9- x 5-inch loaf pan with cooking spray.

**2** | Cream butter 30 seconds to 1 minute in bowl with electric mixer. Beat in sour cream until smooth. Beat in eggs one at a time until well combined. Beat in maple syrup.

**3** | Sift together flour, cocoa powder, baking powder, baking soda, salt, and cinnamon into large bowl. Add dry mixture to wet mixture, and mix until just combined.

**4** | Pour batter into prepared pan, and bake 50 to 60 minutes, or until knife inserted in center comes out clean. Cool in pan.

**PER SLICE** 262 cal; 4 g prot; 11 g total fat (6 g sat fat); 40 g carb; 55 mg chol; 280 mg sod; 2 g fiber; 24 g sugars







COCONUT CAKE WITH LIME  
CREAM CHEESE FROSTING, p. 70

## SHOP SMART

Maple syrup comes in different grades to distinguish variations in flavor and color rather than quality. Grade A syrup, made from sap tapped early in the sugaring season, is lightest in color and mildest in maple flavor. Later tappings yield Grade A Dark and Grade B, which are darker syrups with deeper flavor. The different grades are interchangeable in recipes.





## Maple-Cider Oven Doughnuts

Serves 12

Hard cider adds zip to this traditional Vermont doughnut.

### DOUGHNUTS

- 1 12-oz. bottle hard cider
- 1 cup maple syrup, divided
- 2 cups all-purpose flour
- 2 tsp. ground cinnamon
- 1 tsp. baking soda
- $\frac{3}{4}$  tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- 1 large egg, lightly beaten
- $\frac{1}{4}$  cup butter, melted
- $\frac{1}{2}$  cup low-fat buttermilk

### TOPPING

- $\frac{1}{2}$  cup maple sugar or brown sugar
- 1 tsp. ground cinnamon
- $\frac{1}{4}$  cup butter, melted

**1 |** To make Doughnuts: Bring hard cider and  $\frac{1}{4}$  cup maple syrup to a boil in small saucepan over medium-high heat. Cook 30 minutes, or until mixture has cooked down to  $\frac{1}{3}$  cup. Cool.

**2 |** Preheat oven to 350°F, and coat 12-cup doughnut or muffin pan with cooking spray.

**3 |** Mix together flour, cinnamon, baking soda, baking powder, and salt in medium bowl. Make well in center, and add egg, melted butter, remaining  $\frac{3}{4}$  cup maple

syrup, buttermilk, and hard cider syrup; mix until just combined.

**4 |** Scoop batter into prepared molds, and bake 15 to 20 minutes, or until Doughnuts spring back when lightly touched. Cool.

**5 |** To make Topping: Combine maple sugar and cinnamon in small bowl. Pour melted butter into shallow soup plate. Dip top of each Doughnut into melted butter, then dip into sugar mixture.

**PER DOUGHNUT** 258 cal; 3 g prot; 8 g total fat (5 g sat fat); 42 g carb; 37 mg chol; 319 mg sod; <1 g fiber; 25 g sugars





## SUBSTITUTION *tips*

### How to replace sugar or brown sugar with maple syrup in recipes

Use  $\frac{3}{4}$  cup maple syrup in place of every 1 cup granulated sugar or brown sugar, and reduce other liquid ingredients (milk, oil, or water) by  $\frac{1}{3}$  cup. Baked goods that call for oil instead of butter (such as carrot cake) are ideal for swapping in maple syrup. If a recipe says to cream together butter and sugar, use very soft butter, and add the maple syrup slowly to make sure the two fully emulsify.

### Maple-Pecan Scones

MAKES 15 SCONES

Ground pecans give these tender scones a rich, nutty flavor through and through. Maple syrup makes the dough very soft. Use an ice cream scoop to shape the scones.

- 3 cups all-purpose flour, divided
- $\frac{1}{2}$  tsp. salt
- 1 tsp. baking powder
- $\frac{1}{4}$  tsp. baking soda
- 1 tsp. cream of tartar
- 8 oz. butter, frozen and cut into small pieces
- 1 cup pecans or pecan pieces
- $\frac{3}{4}$  cup maple syrup
- 1 cup chilled low-fat sour cream

**1** | Preheat oven to 350°F, and coat two baking sheets with cooking spray or line with parchment paper.

**2** | Pulse together 2 cups flour, salt, baking powder, baking soda, and cream of tartar in food processor. Add butter, and pulse until butter reduces to pea-size pieces. Transfer to large bowl.

**3** | Grind pecans in food processor until they start to clump together. Stir pecans into butter mixture, add maple syrup and sour cream, and mix until just combined. (Do not overmix.)

**4** | Place remaining 1 cup flour on plate. Scoop 2-inch balls of dough into flour, and roll to coat with flour. Arrange dough balls 2 inches apart on prepared baking sheets, and bake 25 minutes, or until edges turn golden. Transfer to wire rack to cool.

**PER Scone** 304 cal; 4 g prot; 18 g total fat (9 g sat fat); 32 g carb; 35 mg chol; 498 mg sod; 1 g fiber; 12 g sugars

### Coconut Cake with Lime Cream Cheese Frosting

SERVES 16

A thin batter creates a moist, light layer cake that's sweetened entirely with maple syrup.

#### CAKE

- 1 cup canned coconut milk
- $\frac{1}{2}$  cups maple syrup
- $\frac{1}{2}$  cup coconut oil, melted
- 2 Tbs. cornstarch dissolved in 2 Tbs. water
- 2 tsp. vanilla extract
- $\frac{1}{4}$  cups all-purpose flour
- $\frac{1}{4}$  cups whole-wheat pastry flour
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- 1 tsp. salt
- 2 cups toasted coconut, optional

#### FROSTING

- $\frac{1}{2}$  lb. cream cheese or vegan cream cheese, at room temperature
- $\frac{3}{4}$  cup maple syrup
- $\frac{1}{3}$  cup lime juice
- $\frac{1}{2}$  Tbs. grated lime zest
- 1 tsp. vanilla extract

**1** | To make Cake: preheat oven to 350°F, and coat two 9-inch round cake pans with cooking spray.

**2** | Whisk together coconut milk, maple syrup, coconut oil, cornstarch mixture, and vanilla in medium bowl.

**3** | Sift together flours, baking powder, baking soda, and salt in large bowl. Slowly whisk wet ingredients into dry ingredients. Whisk in 1 cup boiling water. Divide batter evenly between prepared pans, and bake 40 to 45 minutes, or until knife inserted in center comes out clean. Cool completely.

**4** | To make Frosting: blend all ingredients in food processor until smooth.

**5** | To assemble: Place 1 Cake layer on serving plate, and spread with  $\frac{1}{2}$  cup Frosting. Top with second Cake layer, and frost top and sides. Coat top and sides with toasted coconut, if using.

**PER SLICE** 417 cal; 5 g prot; 25 g total fat (17 g sat fat); 47 g carb; 47 mg chol; 478 mg sod; 1 g fiber; 32 g sugars

## Chocolate-Orange Maple Snaps

MAKES 40 COOKIES | 30 MINUTES OR LESS

These snaps are great on their own, or as wafers for sandwich cookies. Maple syrup lends flavor and moisture, which lets you cut down on oil in the dough.



- $\frac{3}{4}$  cup maple syrup
- $\frac{1}{4}$  cup canola oil
- 1 Tbs. cornstarch dissolved in 1 Tbs. water
- $\frac{1}{2}$  tsp. vanilla extract
- 2 Tbs. grated orange zest
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{2}$  cup whole-wheat pastry flour
- 3 Tbs. unsweetened cocoa powder
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{4}$  tsp. baking soda
- $\frac{1}{4}$  tsp. salt

**1** | Preheat oven to 350°F. Coat three baking sheets with cooking spray.

**2** | Whisk together maple syrup, oil, cornstarch mixture, vanilla, and orange zest in large bowl.

**3** | Sift together flours, cocoa powder, baking powder, baking soda, and salt. Whisk dry ingredients into wet ingredients until smooth.

**4** | Measure out cookie dough in 1-tsp. scoops, and arrange 2 inches apart on prepared baking sheets. Bake 12 to 15 minutes, or until cookies are firm on top and edges have darkened.

**PER COOKIE** 42 cal; <1 g prot; 2 g total fat (<1 g sat fat); 7 g carb; 0 mg chol; 30 mg sod; <1 g fiber; 4 g sugars  





BY Karen Edwards



# a taste for trade

SAVOR THE DELICIOUS GIVE-AND-TAKE OF A FOOD SWAP

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TRADING EDIBLES MAY BE A TIME-HONORED SCHOOL RITUAL, BUT ADULTS LOOKING FOR MORE VARIETY IN THEIR MENUS ARE GETTING INTO THE ACT TOO. OPTIONS INCLUDE FOOD SWAPS, PACKAGE SWAPS, GARDEN SWAPS, AND COMMUNITY-SUPPORTED AGRICULTURE BOX SWAPS. TAKE YOUR PICK, AND START SWAPPIN'. WHY SHOULD KIDS HAVE ALL THE FUN?



## meet-and-greet SWAPS

Cook up something delicious, package it in individual serving sizes, and when you arrive at your food swap location, set the servings on a table. Don't forget to put out samples! Now circle the table with other swappers. See something you'd like to trade? On the sheet of paper next to the item, write your name and what you've brought to the table. When time's up, check the sheet next to your item to see who wants to barter. Let the swapping begin!

**SAMPLES, PLEASE** Among the 100 percent veg swaps you'll find nationwide, the NW Philly Vegetarian/Vegan Food Swap meets the first Monday of the month. "We all love cooking, and we're all mostly health-conscious," says Amy Doolittle, who has been with the group since its inception. The DC Vegan Baking Swap gathers the first Saturday of the month. "Every month we use recipes from a specific cookbook or blog," says Laurel Gowen, the group's organizer. "Each member bakes a different recipe." Favorites include a mango lassi cake from *Cheers to Vegan Sweets*—Gowen requested it for her most recent birthday.

**SIGN ME UP** Visit [meetup.com](http://meetup.com) for food swaps in your community. Also check bulletin boards at local cooking schools, fitness studios, health-food stores, and community centers. Once you decide on a swap, Doolittle suggests you clearly identify what you're contributing and list ingredients so people with allergies can take note. And allow plenty of time for the swap, says Doolittle: "Time can sneak up on you."

## pen-pal SWAPS

A package swap is like Christmas every month. Simply sign up with an online organizer, who pairs you with another swapper. Next put together a package filled with your favorite vegan or vegetarian items from your area. Send it off, and wait for your swap partner's package to arrive.

**SAMPLES, PLEASE** "I'm a dark-chocolate lover," says Chicago resident Diana Morrow. So when she opened a recent package from the Power to the Veg! swap, she was happy to see a 99% chocolate bar from trendy TCHO. Morrow has participated regularly in the swap, organized by Jessica Schoech as an offshoot of her Power to the Veg! Facebook group. Schoech figured that a swap box would be a great way to introduce new vegans to the lifestyle. Power to the Veg! swap partners can live anywhere in the U.S.; Vegan Package Swap is an international package swap: "It would be easier to list countries not represented, but we're in 40 countries for sure," says organizer Glauce Ferrari. "The variety of products you can get from different countries is amazing!"

**SIGN ME UP** Morrow offers this advice for putting together your first package: "Ask questions of your partner in the first e-mail exchange, for example, 'Any dietary restrictions? Any kids or pets who might like a treat? What's your favorite and least favorite cuisine?'" She also suggests mixing it up: "Anything local and difficult to get elsewhere is appreciated."

Ferrari cautions swappers to watch the weight of their package—otherwise shipping costs can be expensive—and avoid sending fresh fruits and vegetables to other countries, a no-no due to customs laws. Packaged goods are fine, however. So is chocolate, though usually not in summer. "It makes a mess because it melts," Ferrari explains.



PHOTOGRAPHY: RICHARD JUNG



## green-thumb SWAPS

Knee-deep in zucchini? Overrun by oranges? The garden swap is an organized version of what gardeners have been doing informally for years: trading bumper crops. Similar to taking part in a meet-and-greet swap, you bring homegrown items to a central location, put them on display, and make note of what you'd like to trade. Once everyone's perused the options, the swapping begins.

**SAMPLES, PLEASE** Every Tuesday evening, from April through October, the tiny town of Albany, Calif., holds a garden swap. "We've grown from 20 to up to 40 traders each week," says swap coordinator Mary McKenna. She notes the best exchanges aren't always the fruits and vegetables: "I've learned more about gardening by listening to the tips and advice swappers give each other."

Darnell Stewart, host of a weekly garden swap in Richmond, Calif., says it's introduced him to new varieties of produce. In Maryland, the Eldersburg Branch of the Carroll County Library holds a different kind of garden swap: here, large boxes are put in the lobby, and anyone with extra produce to share places it in the box. "We've had

everything from habanero peppers to zucchini and tomatoes," says library associate Christine Kirker, who started the program.

**SIGN ME UP** The best part about trading at a garden swap is your produce doesn't have to be perfect. "Gardeners understand smaller fruits, bruises, and misshapen items," McKenna says. San Francisco—Bay Area residents can search playndirt.com, a Web site organized by Stewart, for swaps close by. Elsewhere, check local libraries, garden clubs, community centers, and state extension offices (educational networks created by the National Institute of Food and Agriculture) for swaps in your area.

## produce-box SWAPS

You know those CSA boxes filled with fruits and vegetables grown by a local farmer? Sometimes, the box you receive is filled with items—say, radishes—that you rarely eat, and not nearly enough bell peppers for your famous stuffed-peppers recipe. What to do? If you're lucky, your CSA may offer a swap box.

**SAMPLES, PLEASE** "Our farmer brings an extra share of vegetables, which we put into the swap box," says Jen Robertson with the Greenwood Heights CSA in Brooklyn, N.Y. "Every member is welcome to trade for something else. There is no guarantee that there will be anything in the swap box that you want to trade for, but there is the opportunity." Any leftover produce is up for grabs for members who work the shift,

and what remains is given to people in need.

**SIGN ME UP** To learn more about CSAs, visit the Local Harvest Web site, [localharvest.org/csa](http://localharvest.org/csa). Enter your location for a list of local farms that offer CSA subscriptions. You'll need to check with the farmers about whether they offer a swap box. 🍋

*Karen Edwards writes about food and wine from her home in Worthington, Ohio.*

## START YOUR OWN SWAP



Take the case of Ian Fেকে-  
Stoudt: after months of  
attending the Chicago Food  
Swap—where his pickled  
onions were popular with other  
swappers—the long-time  
vegan wanted more trade  
options. So last November  
he partnered with Alison  
Simonian to start Vegan Food  
Swap Chicago. Here are Fেকে-  
Stoudt's organize-a-swap tips:

### DETERMINE INTEREST LEVEL

Tap into your local veg network to gauge the number of possible participants.

### DO A TRIAL RUN

Fেকে-Stoudt and Simonian checked in with Chicago Food Swap founder Emily Paster, who had test-marketed a vegan swap a few months prior. "It helps you better understand all the organizing involved," Fেকে-Stoudt explains.

### SCOUT OUT A SITE

For help in securing a swap spot, Fেকে-Stoudt looked at existing community spaces and called on business owners from his local vegan community.

### SPREAD THE WORD

Let fellow veg-heds know about the swap, and encourage them to spread the word via social networking. Also, ask permission to put up posters at such locations as fitness clubs, yoga studios, farmers' markets, and natural-foods stores.





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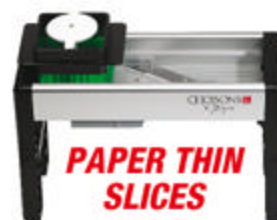
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CONTINUED FROM p. 46.

## Whole Roasted Cauliflower with Lemony Brown Butter

SERVES 4

A whole head of cauliflower and a brown butter sauce star in this show-stopping dish. The cauliflower head is first simmered with aromatics to infuse it with flavor, then roasted until golden brown.

### ROASTED CAULIFLOWER

- 1 medium yellow onion, quartered
- 4 large garlic cloves, quartered
- 1 ½-inch piece peeled ginger, cut into thin matchsticks
- 1½ Tbs. plus ½ tsp. curry powder, divided
- ¾ tsp. whole cloves
- 2 tsp. salt

- ¾ tsp. whole black peppercorns
- 1 small head cauliflower, leaves removed, stem trimmed (1¼ lb.)
- 2 tsp. olive oil

### LEMONY BROWN BUTTER

- 3 Tbs. unsalted butter
- 3 Tbs. golden raisins
- 2 tsp. dark rum, optional
- 1 Tbs. lemon juice
- 1½ tsp. grated lemon zest

**1** | To make Roasted Cauliflower: Preheat oven to 450°F. Coat baking sheet with cooking spray.

**2** | Combine 8 cups water with onion, garlic, ginger, 1½ Tbs. curry powder, cloves, salt, and peppercorns in large pot; bring to a boil. Add cauliflower, stem side up, and simmer 15 minutes, or until slightly softened. Drain, and pat dry.

Rub cauliflower with oil, and season with salt and pepper, if desired.

**3** | Place cauliflower on prepared baking sheet stem side down, and roast 35 to 40 minutes, or until brown and crisp on top.

**4** | Meanwhile, to make Lemony Brown Butter: Heat butter in small saucepan over medium-high heat 4 minutes, or until milk solids begin to brown. Add raisins and rum (if using). Cool 3 minutes, then stir in lemon juice and zest.

**5** | Slice cauliflower, and sprinkle with remaining ½ tsp. curry powder. Drizzle with Lemony Brown Butter.

**PER SERVING** 155 cal; 3 g prot; 12 g total fat (6 g sat fat); 12 g carb; 23 mg chol; 241 mg sod; 3 g fiber; 7 g sugars

Joyce Sangirardi is a Brooklyn, N.Y.-based food stylist and recipe developer.

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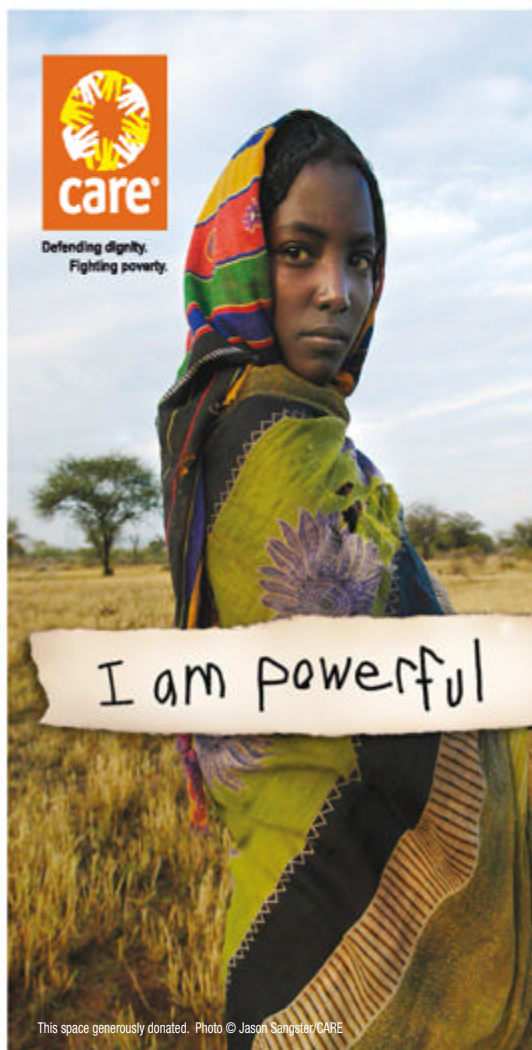
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► What are the BFFs of the food world? Here, chefs and other foodies share their favorite culinary pairings.



**TERRY HOPE ROMERO**

is co-author of *Veganomicon* and author, most recently, of *Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love*.



**Fruity yet assertive**, the flavor of apples draws out the sweet undertones latent in miso. And the earthy umami-bomb of white or red miso heightens the floral, honey-like taste of apples. Simply put: if you're a fan of things salty-sweet, apple and miso is a combination to savor.

Green apples are my favorite here; bright, tangy, and firm-fleshed, they're champs at retaining their texture and flavor when cooked. Grilled or roasted to activate their caramelized tones, apples play exceptionally well with miso.

My favorite fast-and-healthy way to appreciate the pairing is in a hearty salad. Lightly brush apple slices with a little olive oil, and grill or roast until tender, but not falling apart. Whisk up a dressing of equal parts miso, tahini, and warm water, then drizzle in a touch of lime juice and maple syrup to taste. Toss the dressing with the warm apples, tender greens, baby kale, roasted butternut squash, Brussels sprouts, and chopped walnuts. Enjoy immediately! 🍏

# apple & miso

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